

HASEEN SELF-CHEST EXAMINATION FOR TRANSGENDER PATIENTS

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SIMPLE VISUAL INSPECTION

With your shirt off, stand in front of a mirror with your arms to your sides. Look for any changes in breast shape, breast swelling, dimpling in the skin or changes in the nipples. Now, raise your arms behind your head and look for the same signs. Finally, put your hands on your hips and press firmly to make your chest muscles flex. Look for the same changes again.



2

STANDING MANUAL INSPECTION

With the pads of your three middle fingers, press on every part of one chest. Use light pressure, then medium, then firm in a circular motion along your entire chest. Repeat on the other side. Feel for any lumps or other changes. Lastly, squeeze the nipples gently to check for any discharge.



3

MANUAL INSPECTION LAYING DOWN

Place your arm behind your head. Using the opposite hand, apply the same techniques as the manual inspection while standing, using the pads of your fingers to press all parts of the chest and be sure to check under your arm. Repeat on the other side.



WHEN TO SEE YOUR DOCTOR

- Changes in the appearance of your chest
- Changes in your nipples
- Rash on your nipples
- Nipple discharge is present
- You've found a lump that is hard and immobile
- Other unusual chest changes

SCAN ME



<https://youtu.be/HupBF-Z8acE>

Link to video guide!

References

- Breastcancer.org. Breast Self-Exam. Accessed 1/20/2021.
- National Breast Cancer Foundation. Breast Self-Exam. Accessed 1/20/2021.
- Susan G. Komen. Breast Self-Exam. Accessed 1/20/2021.